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Tory Olympic trip tops \$500K

Taxpayers' dime.
Danielle Smith: 'It's beyond ridiculous, it's beyond incompetence, it's beyond comprehensible'

JEREMY NOLAIS
Metro in Calgary

Opposition members and an Alberta taxpayers' watchdog were quick to denounce the total bill for a provincial government entourage to the London Olympics as unworthy of gold, silver or bronze.

In all, the six-day trip taken by Premier Alison Redford, Culture Minister Heather Klimchuk and Tourism Minister Christine Cusanelli to one of the world's most expensive cities cost Albertans roughly \$518,000.

That tally includes \$113,687 in charges for hotel rooms that went unoccupied after the province opted to scale back its mission to London in the wake of a gloomier-than-expected budget outlook. The province

High flyers

- Travel costs to London for Premier Alison Redford and two ministers totalled about \$87,000, up just slightly from the estimate made public in July.
- About \$431,000 was spent on a high commissioner dinner, luncheons, a reception and travel costs for Alberta artists whose work was showcased during the Games.

did say Monday that it saved \$123,000 by not sending four additional ministers and 18 representatives, as originally planned.

"Our mission to London connected us with key international business leaders," Redford said in a statement. "We have seen some good results right out of the blocks and I am confident that we are on track for more."

But Opposition Leader Danielle Smith said Monday that

the extra hotel charges showed poor planning by the ruling party.

"It's beyond ridiculous, it's beyond incompetence, it's beyond comprehensible," Smith said. "It sets the tone for the entire government when you have the premier and her entourage behaving this way."

One highlight of the trip touted by Cusanelli was securing an agreement with a German tour operator to bring more than 600 travel agents to Banff and Calgary late next year.

But a Canadian Taxpayers Foundation representative said the value of relationships forged in London is difficult to measure. "The premier's been jet-setting around the planet since she's taken office. No doubt some of it's been necessary, but she seems to be spending as much time out of the province as she is in it," Derek Fildebrandt said.

Cusanelli, however, said face-to-face relationships are a good way to do business.

"In this age of technology, we sometimes forget the power of meeting in person," she said.

Raising the rink roof

A grant program to build outdoor rink shelters would extend the hockey season for community leagues PAGE 4

Tired of turkey?

Try cranberry-stuffed pork tenderloin for Thanksgiving dinner PAGE 14

Sleepless about Seattle

Oilers owner Daryl Katz says sorry to fans for threatening to move the team to the Emerald City PAGE 17



Premier Alison Redford scrums with the media on Monday after her meeting in Calgary with B.C. Premier Christy Clark to discuss the Northern Gateway pipeline. On the same day, Redford took heat for a Tory trip to the London Olympics that cost taxpayers more than half-a-million dollars, including \$113,687 spent on hotel rooms for ministers who ended up not attending the Games. For more on the pipeline meeting, see page 3. JEFF MCINTOSH/THE CANADIAN PRESS

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Feedback. Local food, agriculture strategy revealed for public input

The city's draft Food and Urban Agriculture Strategy was unveiled Monday with recommendations on how Edmonton can better consider the role and scale of local food and urban agriculture in future planning and community development.

"I think we have come up with a great strategy which will help the city move forward," said chair Aaron Falkenberg, a retired area chicken farmer.

Components include establishing an Edmonton Food Council, offering a diversity of food activities, providing education on eating and growing local, and detailing the pros and cons of allowing backyard chickens and bees.

In perhaps the most anticipated part of the strategy, the committee would like to see land integrated for agriculture in the northeast, southeast and southwest.

Instead of recommending how much should be preserved, however, the committee suggested a toolkit for assessing how much should be saved, where and how.

"I'm sure a lot of people thought the strategy might provide some concrete direction and a number," said Peter Ohm, manager of the city's urban planning and environment branch. "(But) as a group, the consensus that was reached is we should do something to save it, but couldn't come up with a number. So we'll leave it to council."

Public feedback can be given online, or at one of two open houses Wednesday and Thursday. See edmonton.ca/foodandag for more information. **HEATHER MCINTYRE/METRO**

Return to classroom. Catholic school support workers end three-week strike

A three-week-long strike of Edmonton Catholic school support workers came to an end last night with the ratification of a new deal.

The strike, which saw teacher's assistants, secretaries and other support workers take to the picket lines, was resolved after union members approved a new deal in a vote of 583 in favour to 142 opposed. Workers should return to the job Tuesday.

"We are all so tired, but now that it is settled we have a spring in our step, because everyone is going back to work tomorrow. The family is complete," said Debbie Engel, chairwoman of the Edmonton Catholic school board.



Edmonton Catholic school-board chair Debbie Engel speaks to reporters after the board unanimously approved a new deal with support workers that ended a three-week strike. **RYAN TUMILTY/METRO**

Wages in the agreement's second year became a sticking point, and under the pro-

posed deal members will get \$600 lump-sum payments for that year. In the event teach-

ers or janitorial workers receive an increase, the board will give support workers a matching increase.

Engel said if the province does not provide increased funding when the teacher's agreement is settled, the board will be in a tough spot.

Union spokesperson Danny Burrell said they are eager to get back to work and help out in schools. "We know that the other employer groups have been working hard to keep the schools running."

He said he believes the union showed clearly that they had the needed resolve in this dispute.

RYAN TUMILTY/METRO

Clark, Redford have 'frosty' meeting on oil pipelines

Impasse. 'I wouldn't say we made a whole lot of progress,' says B.C. premier after conversation

A quick meeting between the premiers of Alberta and British Columbia ended Monday with neither woman willing to budge on how they think the risks and benefits of West Coast-bound oil pipelines ought to be divided up.

"I would say it was frosty," said B.C.'s Christy Clark, describing the 20-minute conversation with Premier Alison Redford in Calgary.

"I wouldn't say we made a whole lot of progress on it."

Clark called the meeting to reiterate the five conditions under which her government would allow oil pipelines to deliver crude from Alberta to

Northern Gateway

- Northern Gateway, proposed by Enbridge, would ship some 550,000 barrels of bitumen per day from Alberta to the West Coast port of Kitimat.

the West Coast.

The most contentious condition so far has been B.C.'s demand to receive a share of fiscal and economic benefits from the pipeline to reflect the risk it would face.

Redford said Clark's views on environmental and First Nations issues are fine, but royalty sharing is not for discussion.

"I'm an Albertan and when you talk about sharing Alberta's royalties with other jurisdictions, things tend to get a little bit frosty," she said.

THE CANADIAN PRESS



B.C. Premier Christy Clark scrums with the media following her meeting with Premier Alison Redford to discuss the Northern Gateway pipeline in Calgary on Monday. **JEFF MCINTOSH/THE CANADIAN PRESS**

On the web



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Calling it quits

Winter festival
Metropolis
postponed 'for the
foreseeable future'

Another Edmonton winter festival has called it quits after officials from Metropolis told Metro Monday that the festival won't be going forward.

"We decided to postpone the event for the foreseeable

future. Due to the financial losses that we incurred, we were unable to repeat that for this fiscal year," said Paul Lucas, Metropolis construction manager.

Lucas cited high costs for infrastructure and heating, a lack of programming, and shortsighted visions as reasons for Metropolis's departure.

LAURIE CALLSEN/METRO

For more local news visit
metronews.ca



Metropolis will be postponed due to high costs and lack of programming, organizers said Monday. CONTRIBUTED/CITY OF EDMONTON

Question period

Liberals, NDP gang
up on government
over mounting
meat-safety fears

The Liberals and the NDP tore a strip off the Conservative government Monday over the safety of Canada's meat supply.

NDP Leader Tom Mulcair and acting Liberal counterpart Bob Rae took jabs

during question period, saying the governing Conservatives failed to alert Canadians about E. coli-tainted meat from an Alberta packing plant. Defence Minister Peter MacKay said the Conservatives have introduced new legislation to improve food safety, but blamed the NDP for standing in their way.

"When we have tried to do this ... that leader and that party have opposed it all the way."

THE CANADIAN PRESS

Outdoor rink roofs would extend season for skaters

Grants. Community leagues can apply for money this fall to get started



HEATHER MCINTYRE
heather.mcintyre@metronews.ca

Community leagues interested in putting a roof over outdoor rinks are being encouraged to apply for grant funding available this year.

Cited benefits include extending the season, guaranteeing clear ice, and answering demand by increasing usability, including booking skating groups or hockey teams.

At a workshop last week, representatives from six

leagues heard from suppliers about the fully enclosed canvas buildings with metal cladding along the sides and on each end.

"The climate has never been better in terms of the grants that are available," said Edmonton Federation of Community Leagues (EFCL) executive director Allan Bolstad. "So we're quite optimistic that some leagues will give this a whirl."

Communities most interested include two or three in Mill Woods, as well as Capilano, King Edward Park and Belmead, he added.

Others, like Jim Bradshaw and the Ridge Community League, are exploring all options as they prepare to construct their first rink.

Bolstad thinks it will only take one league starting the project before others jump on board.

He noted the benefits aren't just in the winter, as farmers' markets and ball hockey games could occur during the summer.

Covering costs

- Quotes from suppliers sit around the \$400,000 mark, while applications for \$250,000 in matching federal money are due Nov. 19.
- That money could be paired with provincial or city grants, as well as money the EFCL has set aside.



Save a turkey on Thanksgiving

Protesters from People for the Ethical Treatment of Animals (PETA) were on hand in Churchill Square Monday afternoon handing out tofurkey roasts. The group was encouraging people to keep animals off their Thanksgiving table because of the way they are treated. RYAN TUMILTY/METRO

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Baird blasts UN for inaction over crisis in Syria

General Assembly.

One delegate said organization is largely shrugging off Canada's relatively recent anti-UN stance

Foreign Affairs Minister John Baird delivered a scathing rebuke Monday to the United Nations, pointing to the bloodshed in Syria as evidence of its lack of purpose and focus as he fired yet another round in the Canadian government's ongoing war of words against the UN.

"The crisis in Syria is a test of this organization's ability to achieve results," said Baird, who spoke to a largely empty and seemingly disinterested chamber.

"While the brutal and repressive regime of Bashar al-Assad continues the slaughter of its own people, the United Nations continues to fail to impose binding sanctions that



John Baird gave a scathing speech on the UN Monday. THE CANADIAN PRESS

would stem the crimson tide of this bloody assault."

He warned the UN to think of its legacy as the turmoil continues in Syria.

"Until the last syllable of recorded time, the world will remember and history will judge member states that are allowing these atrocities to continue," Baird said.

"Many people of the planet, including many of the citizens whom we represent, cannot understand why this organization — despite the sound and fury of debate in this great assembly — has been unable to take concrete steps."

The UN spends too much time in self-examination, he continued, and needs instead to focus on the problems around the world that demand its attention.

"Our commitment to the United Nations has been tested and is proven," he said. "Not in spite of our commitment, but because of our commitment to this body, we cannot and will not participate in endless, fruitless inward-looking exercises."

Consequently, the Canadian mission to the UN will now focus its attention on what the United Nations is achieving, not how it arranges its affairs, Baird said. If the UN focuses instead on its true goals, such as prosperity, security and human dignity, internal reform will take care of itself, he added.

THE CANADIAN PRESS



Vessels collide off Hong Kong

A young survivor is comforted by a rescuer on Tuesday after a collision involving two vessels in Hong Kong. Authorities in Hong Kong rescued 101 people after a ferry collided with a boat and sank on Monday. A local broadcaster says eight people died. VINCENT YU/THE ASSOCIATED PRESS

Sex-abuse suspects

Scouts to review 'perversion files'

The Boy Scouts of America plan to begin doing what critics say they should have done decades ago — report suspected sex abusers named in the organization's so-called "perversion files" to authorities.

A court-ordered release of the perversion files from 1965 to 1985, expected sometime in October, has prompted Scouts spokesman Deron Smith to say the organization will go back into the files and report any offenders who may have been missed.

THE ASSOCIATED PRESS

Litter

Haitians ignore bag, container ban

Haitian merchants on Monday ignored the first day of a government ban on the sale and general use of plastic bags and foam food containers.

In a busy market, dozens of vendors openly sold the tightly rolled bags and big packages of to-go food containers. THE ASSOCIATED PRESS



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Baristas with bachelor degrees: Youth flunking on the job market

Vital Signs report.
Study shows troubling
portrait of educated
Canadians who are
buried in loans but
lack opportunities



SEAN
MCKIBBIN
Metro in Ottawa

Canadian youth are more educated than ever, but it's not opening the same doors for them as it did for their parents, states a new report titled Vital Signs from the Community Foundations of Canada, being released Tuesday.

"The linear path from school to career, home ownership, and family has disappeared," said Ian Bird, president and CEO of Community Foundations of Canada.

Bird said Canadians between the ages of 18 and 34 face increased competition for jobs from older workers

and globalization.

As a result they have trouble paying crippling student loans, suffer from disengagement with society and many also struggle with a host of mental-health disorders.

"We've experienced tuition growth of over 200 per cent in past 20 years and a debt load that's unprecedented. There's rising cost of living in major urban centres and then you have the delay in getting into the labour force. That confluence of factors is fundamentally different than it was 20 to 25 years ago," said Bird, who called the situation for youth "alarming."

He added Canadian society must bridge the gap between generations now or it won't have the means to do so in the future as waves of retiring baby boomers will begin to erode tax revenues.

While the report says most Canadian youth are doing well academically, it also raises alarms about high dropout rates among rural and aboriginal communities.



In this screen grab from Fox's TV series New Girl, Jess (Zooey Deschanel) works as a shooter girl after being laid off from her teaching job. More and more Canadian youth are finding themselves shelving their degrees due to a lack of employment opportunities in their field, a new study finds. CONTRIBUTED

Do the math

50%

The Vital Signs report says youth, who constitute 16 per cent of the Canadian workforce, accounted for 50 per cent of the recession job losses in Canada.

250K

Youth employment stands 250,000 jobs below the pre-recession peak.

1/3

One out of three 25- to 29-year-olds with a college or university diploma moved into low-skilled occupations after graduation.

70%

In low-income communities, dropout rates can be more than 70 per cent vs. 6-11 per cent in affluent neighbourhoods.

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MP backpedals on Layton's death

A speedy apology.
Calgary MP blamed Jack Layton's successor for issuing ultimatum

A maverick Conservative MP has apologized for suggesting that NDP Leader Tom Mulcair helped hasten the death of predecessor Jack Layton.

Calgary MP Rob Anders told the political news web-

site iPolitics that Mulcair essentially goaded his predecessor into risking his health during the 2011 election campaign.

Anders said Mulcair argued before the campaign that Layton should step aside because of his health.

He said this "arm-twisting" compelled Layton to "put his life at risk" in a hard-fought election campaign, when otherwise he might have been more heedful of his health.

From his original statements

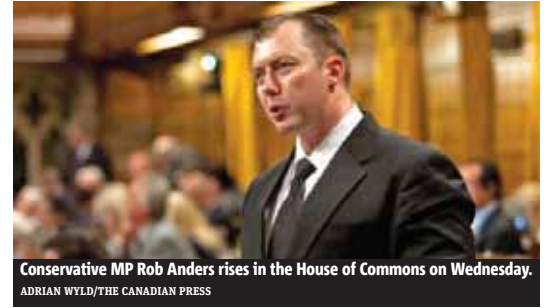
"Mulcair was making it quite obvious that if Jack wasn't well enough to fight the campaign ... that he should step aside, and because of that, Mr. Layton put his life at risk."

Rob Anders, Calgary Conservative MP
as quoted by political news site iPolitics

A few hours after the quotes appeared online, Anders issued a statement apologizing to both Mulcair and

Layton's family, and describing the remarks as "insensitive and inconsiderate."

THE CANADIAN PRESS



Conservative MP Rob Anders rises in the House of Commons on Wednesday.
ADRIAN WYLD/THE CANADIAN PRESS

Widespread panic

Feds consider panic buttons for corrections staff

The federal government is exploring the notion of providing 1,000 parole officers and other community corrections staff with mobile panic buttons linked to GPS locators.

Corrections Canada says it wants a personal safety device that can be operated from the field using one hand, anywhere in Canada at any time.

The last parole officer killed by a parolee was in 2004, which sparked calls for such a system.

THE CANADIAN PRESS

One-sided reunion

Hunters find body of 7-week survivor's spouse

The remains of a missing Canadian man whose wife survived for seven weeks in the Nevada wilderness after the couple got lost have been found a year and a half after he disappeared.

Local police said Albert Chretien's remains were discovered Saturday by two hunters on Merritt Mountain, about 11 kilometres west from where he set off.

Rita Chretien stayed with the couple's van and was found nearly dead 49 days after her husband went for help.

THE CANADIAN PRESS



Too hot — can't touch this

A fireball hurls into the sky during a major industrial fire at a Winnipeg speedway's fuel-supply plant Monday evening. While no one was hurt, the fire sent out continual explosions and resulted in the evacuation of nearby neighbourhoods. The fire was expected to burn all night as frustrated firefighters couldn't get close to the flames.

SHANE GIBSON/METRO WINNIPEG



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Ikea erases photographs of women from Saudi catalogue

2013 edition. Images are 'another sad example' of gender inequality in Saudi Arabia, says Sweden's trade minister



PETER LINDHOLM
Metro in Sweden

Swedish furniture retailer Ikea has erased women from the pages of its Saudi Arabian catalogue.

The 2013 catalogue, printed in 27 languages for distribution in 38 countries, looks almost alike worldwide, displaying identical interiors of kitchens and bathrooms. However, in the Saudi version women appear to be removed from the images. Metro Sweden first discovered the inconsistency on Ikea's online catalogues earlier this week.

For example, in the Swedish version of the catalogue, a mother can be seen standing at a sink beside her child in a bathroom. But in the



Left, a page from Ikea's catalogue in Sweden. Right, the same page from Ikea's catalogue in Saudi Arabia — with the woman missing. IKEA

Saudi catalogue, the mother is absent. In another image, a young girl who appears to be doing homework has also been airbrushed.

Under Saudi Arabia's strict Muslim law, women are not allowed to drive, vote or be outside of their homes without the guardianship of a male

relative.

Sweden's Minister for Trade Ewa Björling said the retouched images are a sad example of the oppression of women.

"You cannot retouch women from reality," she told Metro. "If Saudi Arabia doesn't allow women to be seen or

work they miss out on half their intellectual capital. These images are yet another sad example of the long road to gender equality in Saudi Arabia."

Ikea has since apologized for the catalogue retouching. "As editors of the catalogue, we are sorry about this," Ikea

spokesperson Josefin Thorell told Metro. "We should have reacted and seen that this is in conflict with Ikea's values."

The Ikea group will "revise their procedures" to avoid similar situations in the future. It is still unclear whether the Saudi catalogue will be withdrawn.

Catalogue controversy

Who is responsible?

What remains unclear is who is responsible for the decision to airbrush women out of the catalogue — Ikea or a local entity in Saudi Arabia. A spokeswoman for Inter Ikea Systems, a branch of Ikea that oversees franchises, says the Swedish retailer should take the blame.

"What has come out during our contacts with Saudi Arabia during the day is that it isn't the local franchise that has done something wrong. It is our responsibility at Inter Ikea Systems," said Ulrika Engleson Sandman.

"The franchise owner has been presented with images without women. The image with a woman in the bathroom and the female designer could very well have been featured in the catalogue for Saudi Arabia."

Now Ikea is considering what to do next. One alternative is to print a new catalogue. "The catalogue has already been distributed. Are we going to print it again? Those are options we are looking at," said Sandman.

Medvedev lobbies Zuckerberg to expand operations in Russia

Facebook head Mark Zuckerberg was in Moscow on Monday, where officials were pressing him to expand the company's operations in Russia.

The eastern European nation's communications minister tweeted that Prime Minister Dmitry Medvedev urged the social-media giant's founder to abandon plans to lure away Russian programmers and instead open a research centre in Moscow.

A Facebook spokeswoman, who refused to be named because she wasn't

authorized to discuss the matter with the media, said the company has no immediate expansion plans for Russia.

Zuckerberg, who ditched his trademark hoodie and jeans for a suit and tie for his meeting with Medvedev, was visiting Russia on a world tour of programming contests to identify new talent.

Medvedev has cultivated a tech-friendly image since launching his modernization program while president of Russia from 2008 until this May, when Vladimir Putin re-

Online market

- Russian web companies often command larger shares of the domestic market than their U.S. counterparts.
- Facebook has roughly nine million users in Russia, while domestic clone VK has around 34 million.

turned for his third term as president. **THE ASSOCIATED PRESS**



Russian Prime Minister Dmitry Medvedev, left, shakes hands with Facebook CEO Mark Zuckerberg as he receives a T-shirt as a present at the Gorki residence outside Moscow on Monday. ALEXANDER ZEMLIANICHENKO/POOL/THE ASSOCIATED PRESS

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THE CANADIAN PRESS

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Economics

Don't worry — bacon won't disappear

Bacon lovers can relax. They'll find all they want on supermarket shelves in the coming months, though their pocketbooks may take a hit.

The economics of the current drought are likely to nose up prices for bacon and other pork products next year, by as much as 10 per cent. But U.S. agricultural economists are dismissing reports of a global bacon shortage that lent

sizzle to headlines and Twitter feeds last week. Simply put, the talk of scarcity is hogwash.

"Use of the word 'shortage' caused visions of (1970s-style) gasoline lines in a lot of people's heads, and that's not the case," said Steve Meyer, president of Iowa-based Paragon Economics and a consultant to the National Pork Producers Council and National Pork Board. "If the definition of shortage is that you can't find it on the shelves, then no, the concern is not valid. If the concern is higher cost for it, then yes."

THE ASSOCIATED PRESS

Retail study

Sears, Old Navy among stores Target will impact

A new report says the arrival of U.S. retailer Target in Canada next year will take a bite out of the sales of several key rivals.

Barclays Capital says that Walmart, Sears Canada, Old Navy, Loblaw's Joe Fresh brand and Canadian Tire are the retailers most at risk. Target will begin opening its first Canadian stores in the spring at locations once owned by Zellers. **THE CANADIAN PRESS**

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NO PATIENCE FOR PICKY EATERS



SHE SAYS ...
Jessica Napier
metronews.ca

"No jalapenos, please."
The waiter asks as he rolls his eyes: "Is it an allergy?"
"No ... I just don't like them," I respond as I sheepishly turn away with

embarrassment.

When my nachos arrive I groan; jalapeno peppers are defiantly embedded within every layer of melted cheese. The spicy-hot toppings mock me as I gently remove them one by one.

Nobody likes a picky eater. I hate being that annoying dinner companion who despises anything with a little too much spice so I will always try to accommodate those with more adventurous palates. I'll covertly chug endless glasses of water to get through a shared meal of kimchi-laced bibimbap or five-alarm chili.

When you are fortunate enough to live in a large city, filled with multi-ethnic fare and interesting haute (often HOT) cuisine, you shouldn't take that for granted. But while I certainly want to like spicy foods, my tongue screams in protest every time I come into contact with a piquant sauce or a fiery curry.

Too hot for you?

"I'll covertly chug endless glasses of water to get through a shared meal of kimchi-laced bibimbap or five-alarm chili."

people who don't like fish because it smells funny or don't let different foods on their plate touch because ewww contamination!

Come on.

It can be a total turnoff when you meet a fully grown adult who behaves like a fussy child when it comes to trying new food. There's nothing wrong with liking things plain, but there's a fine line between a simple preference and a neurotic obsession. When friends and family develop prejudices against entire food groups, hosting a dinner party or going out for a meal can become a complicated and frustrating endeavour.

One of my favourite pizzerias refuses to do substitutions on the premise that they, not the customer, know best when it comes to what flavours work together. While some patrons sneer at their holier-than-thou approach to pizza, I applaud their refusal to pander to the overly entitled menu customizers out there.

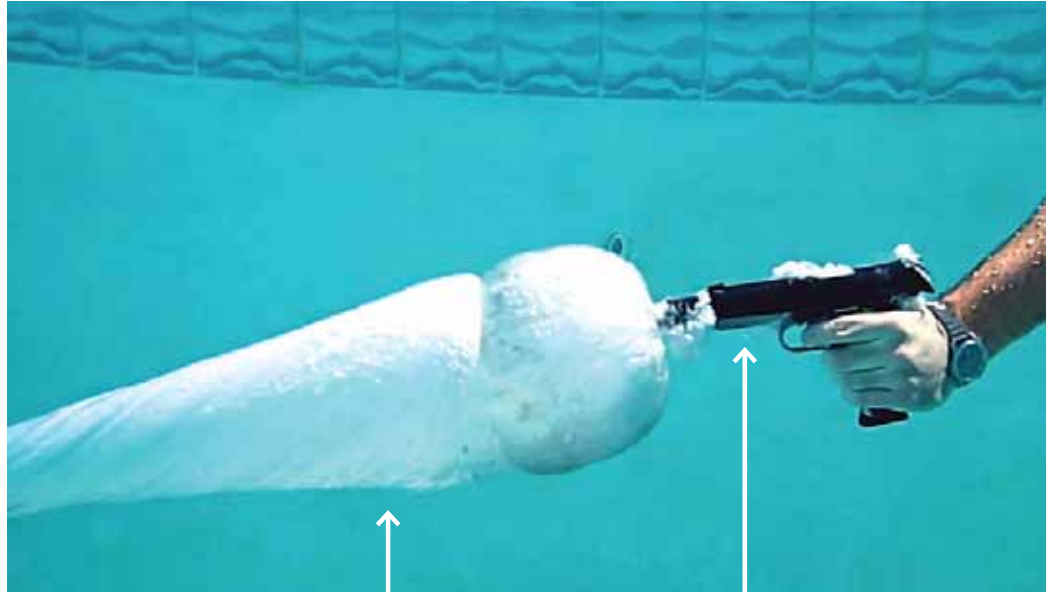
We're grown-ups now, shouldn't we be able to try something new before forming an opinion? I implore all those finicky foodies out there to stop turning up your noses at ingredients you can't pronounce, experiment with flavourful sauces and seasonings, and open your mind (and mouth) to some new culinary experiences.

Follow Jessica Napier on
Twitter @MetroSheSays



Would you like some nachos with your jalapenos? JONATHAN DANIEL/GETTY IMAGES FILE

Having a blast under water



ANDREW TUOHY/VUURWAPENBLOG.COM

Firearms photography

Pistol fired in pool creates storm of interest

This is what firing a gun under water looks like. Firearm expert Andrew Tuohy shot a few pistols in his swimming pool and posted a video on his blog, which has now gone viral. The result: A stunning shot of a tornado rippling through the water. Metro spoke to the 26-year-old ex-sailor from Tucson, Ariz. **METRO**



Andrew Tuohy also makes "flower" jewels from his spent bullets.
ANDREW TUOHY/VUURWAPENBLOG.COM

Q&A

Gunning for art

Tuohy describes his image of a Kimber 1911 pistol firing underwater.

Firing a gun under water looks spectacular, but was it safe?

The bottom line is that yes, it's safe to use these firearms underwater. With other firearms — due to their design and barrel size — it's not safe, as they'll explode under water! The bullets themselves only travel a metre or so in water. Here, I used hollow-point bullets — they travel even shorter as they expand their diameter instead of penetrating through a target.

What challenges did you have?

This event happens very fast. The bullets are moving at about 1,000 feet (309 metres) per second initially, and the muzzle blast is over in about 1/60th of a second. So the higher frame rate of the video camera really helps.

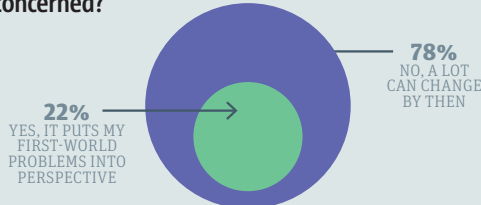
What does this image tell you?

It shows firearms as something interesting and potentially even beautiful instead of ugly and evil. It's fun, educational and different. They can be used to oppress or liberate from oppression, to murder or to prevent murder, and in this specific case, they can even be used to create art. **METRO**



Register at metropolitanpanel.ca and take the quick poll

A recent report says 100 million people will die from climate-related causes by 2030. Are you concerned?



Twitter

@GordieCrawfish: #yeg an ancient set of characters meaning "people who cannot drive"

would be 4 horsemen cutting me off on the Whitemud

@timsbits: So, I'm inside #yeg airport and an RCMP officer just passed me on a mountain bike. Effective & odd!

@TommyisYEG: What was in that rain last night? My once-clean car looks like it survived a dust storm. #yegwx #yeg

@Wildsau: Not a soul ahead of me in the Starbucks drive-thru. The only surer sign of the Apocalypse

@therealkuri: just remembered something wonderful about the season change: soon lunchtime #skating at City Hall will be a thing again. #yeg #winter



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2 SCENE

DVD reviews



Bond 50

.....

BOND 50 collects all 22 James Bond movies on Blu-ray for the first time, and leaves room for Skyfall, the coming 23rd one. Appraising this handsome set, it doesn't seem too pompous to quote Shakespeare's King Lear: "O, reason not the need!" Yes, chances are very good that you already own most or all of the 007 canon, on VHS and regular DVD. Possibly even Blu-ray, too, although BOND 50 brings nine of the films to the high-definition format for the first time: You Only Live Twice, On Her Majesty's Secret Service, Diamonds are Forever, The Spy Who Loved Me, Octopussy, A View to a Kill, The Living Daylights and Tomorrow Never Dies. But it's likely you'll still desire this boxed set, if only for its intelligent design, which pays full homage to the six men who have played Bond over the past half-century: Sean Connery, George Lazenby, Roger Moore, Timothy Dalton, Pierce Brosnan, and now Daniel Craig. There are 122 hours' worth of bonus features, much of which has already been released. But the real bonus is a single disc that smartly breaks down the Bond mystique via short featurettes that analyze the girls, gadgets, villains, look and style of this durable franchise.

PETER HOWELL

On the web

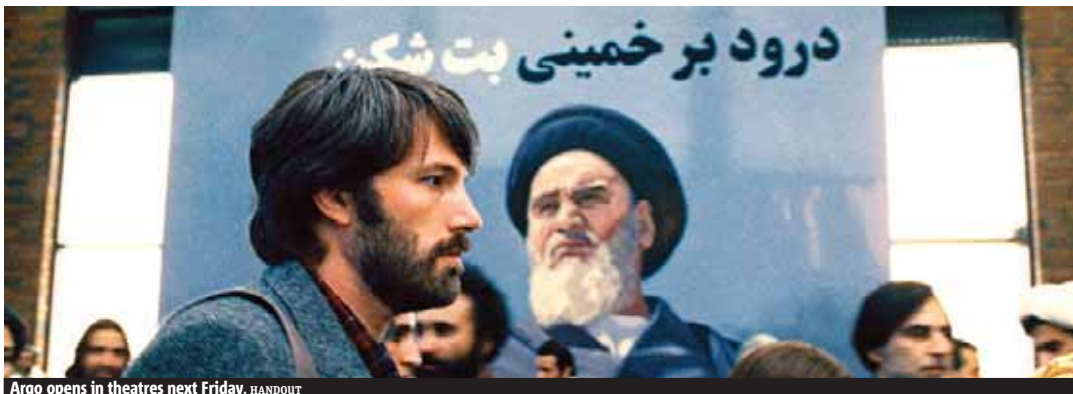


Qriket

DiCaprio, Maguire lead all-star cast in new video urging voter expression through social media. Check it out by scanning this code or visiting metronews.ca/scene.

Apologies to Boatmen fans but Argo (Ben Affleck, Bryan Cranston) has nothing to do with Toronto's storied CFL team. The real-life story does, however, involve Canadians running a gadget play. Hatched in clandestine corners of Ottawa and Washington, Argo is the fake movie script concocted by covert operatives posing as a Canuck film crew scouting locations in Tehran. The daring rescue of six diplomats who hid in the Canadian ambassador's house during Iranian Hostage Crisis is just one of several ops to inspire filmmakers.

MIKE DOJC
scene@metronews.ca



Argo opens in theatres next Friday. HANDOUT

Ops that inspired Hollywood

Operation Thunderbolt

Deadline: July 4, 1976

Air France flight 139 was hijacked by the Popular Front for the Liberation of

Palestine in conjunction with a German based radical group. After rerouting the flight to Uganda, 106 Jewish and Israeli hostages were held at the Old Terminal of the Entebbe airport. Israel's elite commando unit, Say-eret Matkal, led by Yonatan

Netanyahu (older brother of the current prime minister) flew four Hercules C-130s over 4,000 kilometres and landed undetected on the dark runway. Driving land rovers and a black Mercedes to impersonate an Idi Amin motorcade, the cavalry sped

toward the building where the hostages were being held, taking the terrorists by surprise. Three hostages and Commander Netanyahu were killed during the mission. Charles Bronson (Death Wish) starred in the movie adaptation, Raid on Entebbe.

Operation Nimrod

Deadline: May 5th 1980

After the Democratic Revolutionary Front for the Liberation of Arabistan (DRFLA)

seized control of the Iranian embassy in London and threatened to blow it up if their demands weren't met, Maggie Thatcher gave the order to mobilize Britain's finest. Armed with the latest whiz-bang gadgetry of the

period, a crack unit of the British Special Air Services (SAS) breached the building by lowering a charge through a skylight and abseiled in guns blazing. Five militants and one hostage perished in the crossfire during the

17-minute siege that helped establish Thatcher's Iron Lady rep. The operation unravelled on a holiday with TV cameras rolling so millions of Britons watched it unfold. Who Dares Wins (1982) was inspired by the events.

Operation: Maersk Alabama Rescue

Deadline: April 12, 2009

Off the coast of Somalia a cargo ship bound for Kenya

was boarded by pirates. The crew managed to power down the ship's systems so that the pirates could not steer the vessel and they holed up in a secure room but Captain Richard Phillips and several crew members were captured. The ship's

chief engineer, armed with just a knife, managed to subdue one of the pirates and during a botched prisoner exchange the pirates fled in a lifeboat taking the captain as their hostage. The destroyer USS Bainbridge, guided-missile frigate USS Halyburton

and the amphibious assault ship USS Boxer were dispatched to the scene. After negotiations broke down Navy SEAL snipers took out the pirates. Tom Hanks has been tapped to play Phillips in a big screen adaptation of the high seas rescue.

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EVENT PARTNERS





Metro gets a Lone look at a revamped classic

Johnny Depp is set to star as Tonto in director Gore Verbinski's retake on '50s television hit, *The Lone Ranger*. The film, which opens July 3 of 2013, sees Native American spirit warrior Tonto recounting the untold tales that transformed John Reid, a man of the law, into a legend of justice. ©DISNEY ENTERPRISES, INC. AND JERRY BRUCKHEIMER INC.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Christina Aguilera: I'm through being skinny



THE WORD
Dorothy Robinson
scene@metronews.ca

The Word has been waiting for Christina Aguilera to lose weight and then get paid a mint to appear in a *Us Weekly* cover story to talk about how she shed the pounds — a.k.a. Tabloid Journalism 101.

But, God bless her, it doesn't look like that cover is coming up any time soon, as Aguilera is embracing her curves.

In a recent interview with *Billboard* magazine, *The Voice* mentor says she's through worrying about staying skinny to promote her music. "During the promotion of my album *Stripped*, I got tired of being a skinny white girl. I am Ecuadorian, but people felt so safe passing me off as a skinny, blue-eyed white girl," she says, recounting how she put on 15 pounds during promotion for that album, prompting a "serious emergency meeting"

with her label reps about potential backlash over her weight gain.

"(They claimed) people I toured with would also miss out if I gained weight because I would sell no records or tickets for my shows," she explains. "I was young, so I lost the weight quickly and was toothpick thin during *Back to Basics* promos and touring."

But for her latest record, she'd had enough: "I told them during this *Lotus* recording, 'You are working with a fat girl. Know it now and get over it.' They need a reminder sometimes that I don't belong to them. It's my body," Aguilera says.

Arnold opens up about affair



Arnold Schwarzenegger claims he didn't know he'd fathered a child with his longtime housekeeper until the boy "started looking like me," he says in an interview with *60 Minutes* to promote his new memoir.

"That's when I kind of got it. I put things together." But while he kept the woman, Mildred Baena, on staff and began providing financial support for the boy, he was in no hurry to tell wife Maria Shriver or their four children. "It was very difficult, strange, bizarre," Schwarzenegger says. "I just said to myself, 'OK, I'm going to put this away.'"

Swift to swoon: So who is Taylor going to croon about next?

In what is probably not the most shocking news of the year, Taylor Swift admits she can fall in love easily.

The 22-year-old singer-songwriter tells *Marie Claire* magazine that she still believes in love "even after it explodes into a million pieces and burns down and you're standing in a pile of ash of what it once was thinking, 'Why did I have to meet this person, why did this have

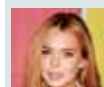
to happen?' But then, when you make eye contact with someone across the room and it clicks and, bam, you're there. In love again." As for her penchant for writing explicitly about ex-boyfriends in her songs? She makes no apologies. "It's not like it's in the fine print," she says. "It's not my fault if someone gets into a relationship with me and then cheats and I write a song about it."

Twitter



@SethMacFarlane

Hey guy in the audience laughing out loud at the jokes in a Shakespeare play— you make the world a worse place.



@lindsaylohan

My iPhone broke and i need to get the new iPhone5, but they are sold out everywhere!!!



@diablocody

My parents wouldn't let us get cable; therefore I know nothing of your "Fraggles."



@DavidSpade

its shocking how many times i go on web md for 'pill identifier'...



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EG 402	Vancouver (YVR)	10:25 AM	Calgary (YYC)	12:45 PM	0

MONDAY, OCTOBER 8, 2012

Flight	Origin	Depart	Destination	Arrive	Stops
EG 401	Calgary (YYC)	9:55 AM	Vancouver (YVR)	10:20 AM	0
EG 402	Vancouver (YVR)	11:05 AM	Calgary (YYC)	1:25 PM	0

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Get a body like Stefani

Fitness. As No Doubt's sixth studio album, *Push and Shove*, drops Sept. 25, we look at how lead singer Gwen, 42, stays toned

ROMINA
MCGUINNESS
Metro World News

LESSON 1: EAT LIKE GWEN

According to personal trainer Mike Heatlie, who has worked with Gwen Stefani on and off for more than 10 years, 75 per cent of exercise is overrated.

"It's not that it doesn't help," he explains, "But if you want a slim waist and six-pack as defined as Gwen's, you need to reduce your overall body fat and the only way to do that is by changing your diet."

The fat loss strategy

"We live in an obesogenic environment — meaning fatty, sugary foods are everywhere, making it hard for us not to get fat," Heatlie tells Metro.

"If your diet is rich in white carbs, such as pasta, cereal and soda, then you're probably consuming too much energy.

"Carbs stop the fat burning process because the body prefers using the energy provided by carbs — glycogen — over the energy from fat. The body will only start burning fat if carb levels are low and it has no other option. But if you want this process to happen, you'll have to cut back on carbs."

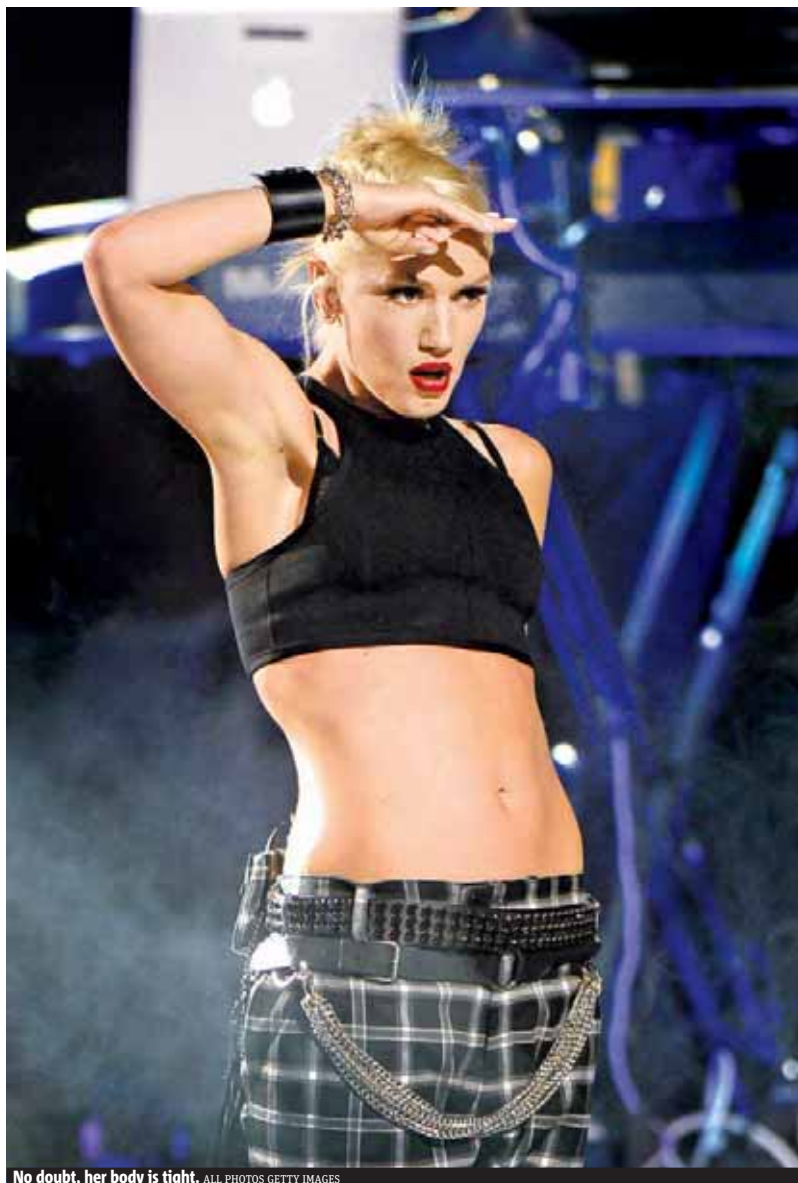
Carb-calorie cycling

It's not what you eat once in a while that matters, but what you eat consistently, Heatlie explains.

"A diet plan that's too strict becomes unsustainable. If 90 per cent of your diet is 'good' then the remaining 10 per cent that's 'bad' doesn't really matter. Choose five to six days in the week when you aim to reduce your intake of carbohydrates. Maybe swap your breakfast of cereal for a protein smoothie with fruit.

"In the evening, have something like salmon or chicken with vegetables (which you should always have with your dinner) rather than bread and pasta.

"But make sure you give yourself one or two days off where you can eat more or less what you want as this then becomes a sustainable lifestyle rather than a quick fix diet."



No doubt, her body is tight. ALL PHOTOS GETTY IMAGES



She looks 20-years-old still.



From the runway to the gym, she still looks good.

more wrinkles and fine lines."

LESSON 3: MOVE LIKE GWEN

If it feels like you're putting in a tremendous amount of effort into your workout, yet you're not getting the results you were hoping for, then it could be that you're not training correctly.

"In order to notice a difference in yourself you need to be working out at the correct intensity levels. Your body shape will only change if it's put under strain and stress because the real fat-burning hormones, growth hormones and testosterone, only get stimulated under intense physical training," says Heatlie.

Whilst he recognizes the benefits of cardiovascular training, such as running or cycling, Heatlie believes that one of the best ways to get a lean and sexy muscular structure like Gwen's is by really putting the body under pressure by mixing cardio and resistance training.

Are you ready to push and shove your way to a leaner body?

More online

Need your abs fix?

- On the web. Go to metronews.ca/scene to guess the celebrity abs

The secret to Gwen's six pack

"The key to a six-pack like Gwen's is to follow a strict low-carb diet and combined with regular resistance training.

"You could have the most amazing six-pack, but if there's a layer of fat over it, you won't be able to see it.

"The body fat must be around 15 per cent for women and less than 10 per cent for men if you want that six pack to show," reveals Heatlie.

LESSON 2: LIVE LIKE GWEN

Check out No Doubt's newest video — *Settle Down* — and Stefani looks more like 22-years-old than 42-years-old.

"The only way to appear

naturally younger is to lead a balanced lifestyle," says Heatlie.

"If you carry excess weight and have too much stress in your life, it will start to show on your face, making you look older than you really are."

Heatlie recommends three effortless rules to help you hold on to your youth:

1 "Avoid eating too much salt, which causes water retention and will make you look bloated."

2 "Keep your diet high in antioxidants by making the effort to eat plenty of fresh fruit and vegetables every day as well as drinking four to five cups of green tea and about three liters of water. Antioxidants prevent and repair damage to our body's tissue by slowing or preventing the damaging effects of free radicals."

3 "Cut back (or out) on alcohol and cigarettes. Chemicals in tobacco smoke damage collagen and elastin, the fibers that give your skin its strength and elasticity, which can lead to wrinkled skin. Alcohol intake can reduce the level of vitamin A within the body, allowing free radicals to spread and accelerating the deterioration of collagen and elastin — leading to

On the web



Qriket

Bats, camels or goats?
Animals under suspicion
in hunt for source of
new virus related to
SARS



Mike Heatlie's workout tip

"Make sure that you don't rest in between each move. If you are a beginner, the maximum time you should stop is 10 seconds. The workout needs to be as intense as possible as your body needs to be stressed in order to change."

Do the exercises in the following order:

- Dumbbell squat (working the lower body)
- Standing dumbbell Shoulder press (working the upper body)
- Front Lunge (working the lower body)
- Tricep dip (working the upper body)

The Gwen Stefani workout



DUMBBELL SQUATS

Position your legs shoulder-width apart with your toes pointed straight ahead.

Pull your weight down through your leg muscles and keep your weight back on your heels as you descend.

Push your chest out very slightly in front of you to counter balance the heavy load on your heels.

Push up powerfully from each squat.

Reps: 12/15



DUMBBELL SHOULDER PRESS

Grab the dumbbells, keep your feet hip width apart, and a slight bend in your knees. Bring the weights up to your shoulders and lift your arms up towards the sky keeping your stomach and lower back tight. Bring your arms down (weights should be by your neck) three seconds on the way down and then press the weights back up.

**Sets: 4
Reps: 12/15**



FRONT LUNGES

Stand with your feet together hands on hips. Make sure your shoulders are back and your chest is out and then take a big step forward with your right leg as you drop your left knee to the floor. Once you've dipped to the floor, pushing off and driving back to the centre using your right heel. This is great for your quads and glutes.

**Sets: 4 on each side
Reps: 12/15**



TRICEP DIPS

Sit on the bench/chair and put your hands by your sides.

Step out just far enough so that your back is barely touching the bench/chair. Make sure you don't step out too far from the chair/bench, as this will put unnecessary stress on the elbows. Make sure you remain in control of your movements as you dip up and down.

**Sets: 4
Reps: 12/15**

Want to lower your body fat and rock a body like Gwen? Here's how:

Up and Down

UP

SLEEP

Together with calorie restriction and physical activity, sleep is a crucial component of a healthy weight loss plan.



DOWN

Weight Watchers

According to singer Jessica Simpson, Weight Watchers is not about weight loss. The singer, who signed a contract with the brand after giving birth, was expected to lose an average of 50 to 60 pounds. So far, she's lost around 40.

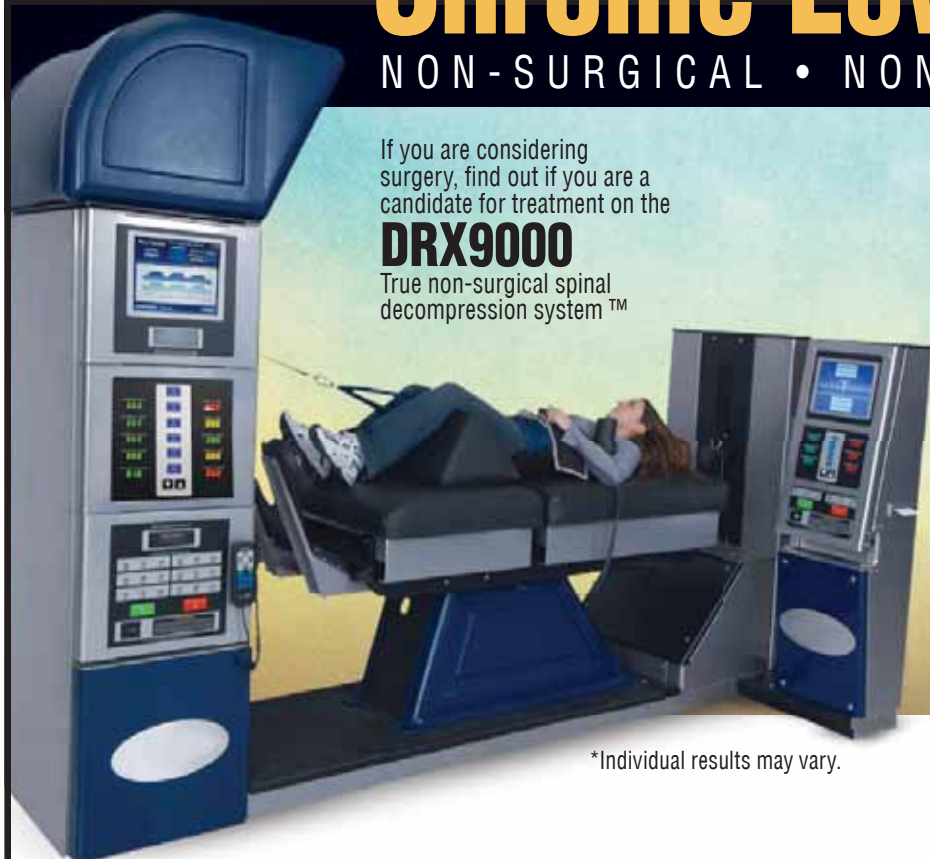
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Gear up for Turkey Day with Cranberry-Stuffed Pork

Orange-Glazed Pork with Cranberry & Walnut Stuffing



This recipe serves six. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)



ROSE REISMAN
for more, visit
rosereisman.com

Pork tenderloin is a delicious and lean cut of meat. Due to improved farming practices, you can now safely cook pork to medium, keeping it moist.

1. Preheat oven to 375 F. Line baking sheet with foil lightly coated with cooking spray.

2. Stuffing: Combine cranberries, walnuts, cinnamon, cloves and walnut oil in bowl of food processor. Pulse on and off until mix is crumbly. Add diced brie and pulse once or twice, just to combine.

3. Open pork loin like book and stuff with fruit and nut stuffing. Secure with kitchen string. Set large skillet lightly coated with cooking spray over medium-high heat and sear until browned on all sides, about 2 mins on each side. Place on baking sheet; bake 20 mins. or until cooked to medium (until the meat reaches an internal temperature of 145 F). Let rest 10 mins. before slicing.

Ingredients

- Pork**
- 1 1/2 lb pork tenderloin, butterflied
- Stuffing**
- 2/3 cup dried cranberries
 - 1/3 cup toasted walnuts
 - 1/2 tsp cinnamon
 - pinch of ground cloves
 - 2 tsp walnut (or olive) oil
 - 1 oz diced brie
- Glaze**
- 2 tbsp orange juice concentrate
 - 2 tbsp red currant jelly
 - 1 tsp balsamic vinegar
 - 1 tsp olive oil
 - 1 tsp orange zest
 - 1/2 tsp finely chopped garlic
- Garnish**
- 3 tbsp chopped parsley

ternal temperature of 145 F). Let rest 10 mins. before slicing.

4. Glaze: Combine juice, jelly, vinegar, oil, orange zest and garlic in a small saucepan. Set over medium heat 1 min. and drizzle over pork. Garnish with parsley. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)**

Final meal on the outdoor grill: Cumin-Glazed Ribs

Ingredients

Avocado-Pineapple Salsa

- 30 ml (2 tbsp) each lime juice and tequila
- 30 ml (2 tbsp) brown sugar
- 1/2 ripe pineapple, trimmed and cut lengthwise into slices
- 50 ml (1/4 cup) white balsamic vinegar
- 1/2 small red onion, diced
- 1 jalapeno pepper, stemmed, seeded if desired, and minced
- 125 ml (1/2 cup) chopped cilantro
- 15 ml (1 tbsp) olive oil
- 5 ml (1 tsp) salt
- 1 ml (1/4 tsp) black pepper
- 1 ripe avocado, halved, seeded, peeled diced

Cumin-Glazed Ribs

- 50 ml (1/4 cup) paprika
- 50 ml (1/4 cup) each ancho chili powder and cumin
- 30 ml (2 tbsp) salt
- 2 kg (4 1/2 lbs) pork baby back ribs
- 50 ml (1/4 cup) chopped garlic
- 3 jalapeno peppers, stemmed and seeded if desired
- 15 ml (1 tbsp) ground cumin
- 45 ml (3 tbsp) hot sauce
- 250 ml (1 cup) freshly squeezed lime juice
- 5 ml (1 tsp) salt
- 250 ml (1 cup) honey

1. Salsa: In bowl, combine lime juice, tequila and brown sugar. Add pineapple and toss. Let marinate 30 mins. Remove pineapple and set aside.

2. Transfer marinade to saucepan over medium heat. Add vinegar and simmer, stirring until reduced by half. Remove from heat and cool.

3. Heat grill to medium-high. Wipe grill with an oiled towel and place pineapple on grill at an angle. Cook for 6 to 8 minutes, turning frequently, until outside of pineapple is lightly golden and caramelized.

4. Remove from grill, let cool and cut into 5-mm (1/4-inch) dice. In a bowl, combine pineapple with vinegar mixture. Gently toss in onion, jalapeno, cilantro, olive oil, salt, pepper and avocado. Taste and adjust seasoning as necessary.

5. Ribs: In bowl, combine paprika, chili powder, cumin and salt. Pat spice mixture all over ribs and let stand for 30 minutes.

6. Heat grill to 150 C (300 F). Place ribs in a single layer in a baking pan and add 5 mm (1/4 inch) of water to pan. Bake uncovered for 45 minutes on grill



This recipe serves four. THE CANADIAN PRESS/H/O

with lid closed. Cover ribs with foil and bake for an additional 45 minutes or until very tender.

7. Glaze: Purée garlic, jalapenos, cumin, hot sauce, lime juice and salt in food processor. Pour mix into saucepan and stir in honey. Cook over low heat for 20 minutes, stirring constantly and being careful not to burn.

8. Increase grill temperature to 230 C (450 F). Remove ribs from baking pan and spread generously with glaze. Grill for 5 minutes per side, frequently brushing with additional glaze.

9. To serve, cut ribs apart and serve hot with salsa. **THE CANADIAN PRESS/ CALIFORNIA AVOCADO COMMISSION**

Health Solutions

Don't gobble gobble extra calories



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Much of the disastrous 10 pounds per decade (that is suspected of being the foundation of our obesity crisis) is acquired between Thanksgiving and Christmas.

Regardless of your familial background, there are more gatherings, celebrations and opportunities to eat at this time of year. Navigating them so you can enjoy without the backside burden takes a tiny bit of practice. Here's your game plan:

1. Veggie platter

Be the one who always brings the veggie platter with hummus.

2. Healthy nibbling

Seat yourself next to said platter and nibble to your heart's content.



3. No pre-dinner snacking

Promise yourself you will not eat the chips, popcorn, peanuts, chocolates and any other manner of crap before dinner. (After dinner, if you are still hungry...ha,ha,ha...go ahead)

4. Fill your plate with veggies

When dinner is served, fill half of your plate with green vegetables, 1/4 with starchy vegetables like carrots and squash and the other 1/4 with lean protein.

5. Stay away from deep-fried foods

Avoid anything deep fried. (Note: This is the first time I have used the word "avoid".)

6. Watch the liquor

Never have more than two alcoholic beverages.

After the celebration season, you may some exercise skills, but, if you follow these steps, you shouldn't have too much trouble. **THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST AT ROSEDALEWELLNESS.COM IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.**

Mexican touch. Mole Pulled Pork Sandwich



This blend of Mexican mole sauce and pulled pork tenderloin makes for a crazy delicious sandwich.

1. In a medium saucepan over medium-high, heat the oil. Add the pork and sear for 2 to 3 minutes per side. Set the pan aside off the heat.

2. In a blender combine the almond butter, tomatoes, garlic, shallots, cocoa powder, cinnamon, black pepper, red pepper flakes, cloves and water. Purée until smooth, then add to the pork.

3. Bring the pork and sauce to a simmer over medium heat. Cook uncovered, stirring occasionally, for 15 to 20 minutes.

4. Use a slotted spoon to transfer the pork to a large plate or cutting board, then use 2 forks to pull and shred it. Return the pork to the sauce

and stir well. Season with salt.

5. Divide the pulled pork between the buns. Top with scallions.

THE ASSOCIATED PRESS

Ingredients

- 1 tbsp olive oil
- 1 lb pork tenderloin, cut into 2-inch chunks
- 1/2 cup smooth almond butter
- 1/2 cup canned crushed tomatoes
- 3 cloves garlic
- 1 shallot
- 1/2 tsp cocoa powder
- 1/4 tsp each cinnamon, black pepper, red pepper flakes
- 1/8 tsp ground cloves
- 1 cup water
- Salt
- 4 sesame seed burger buns
- 1 scallion, white and green parts, chopped



Postpartum depression does not spontaneously resolve on its own for many new mothers, Dr. Dennis tells Metro. ISTOCK IMAGES

Postpartum depression can go on and on

Feeling blue. Many new moms experience depressive symptoms even after the initial 12 weeks postpartum

CELIA MILNE
For Metro

You've had a baby. Everyone is excited — except you.

Your home is full of colourful flowers and gifts, but all you feel is blue. What's wrong?

That's a glimpse into postpartum depression, which is a common and potentially serious illness.

A new Canadian study has found it often hangs on tenaciously for many months.

"Postpartum depression

occurs in many mothers from various backgrounds, and effective treatment is available to help," says Dr. Cindy-Lee Dennis (PhD) from the department of psychiatry at Women's College Research Institute in Toronto.

Previous studies have found that about 20 per cent of new moms suffer from depression in the weeks after their babies are born.

Dennis and colleagues wanted to find out how many women continued to suffer from depression after their babies were three months old. They tracked 6,421 new moms and found eight per cent had depressive symptoms after the initial 12 weeks postpartum.

"It does not spontaneously resolve on its own for many new mothers and treatment is necessary," Dennis

tells Metro. Most at risk were women who were vulnerable in some way — with low household income, a previous history of depression, a lack of postpartum support, stressful life events, family violence, or poor health.

The creators of the study are urging health-care professionals to continue screening women for postpartum depression for longer periods after babies are born.

This way, women will have access to the help they need. Screening could be done during pediatric visits, for instance.

Canadian study

The study was published recently in the Canadian Journal of Psychiatry.

Why family mealtime matters

LINDA CLARKE
For Metro

Apart from providing an opportunity to bond over a meal, sitting down in a semi-formal setting around a table and sharing discussion can prepare children for school group settings and enhance social skills.

"It provides a model for socialization during eating. It can teach children manners and they learn how to have a conversation," says Jessica Hoffman, PhD, an associate professor in the department of counselling and applied educational psychology at Bouve College of Health Sciences at Northeastern University in Massachusetts.

"It's an opportunity for children to expand their vocabulary and speech skills," she continues. "When children listen to parents and older siblings talk about their day, or items in the news, it helps develop language skills and to develop critical perspectives."

Having family dinners also provides parents with an additional tool to keep a check on their children's progress at school, and can be an important daily link to their children's classroom.

"Family dinnertime is an opportunity for parents to monitor what's going on in their children's lives and spot



Children can improve many skills when they assist their parents with cooking. ISTOCK

any possible academic problems," adds Hoffman.

But if the matter is a personal one, it's best to discuss it in private.

"Conversation should always be kept in a family context and be sensitive to who is there. Explosive topics should be kept for one-on-one situations," she says.

Putting family dinners on the schedule also provides structure for you and your family. But be realistic — it's OK if schedules don't allow for togetherness every night.

"It doesn't have to be all-or-nothing," advises Hoffman. "Do it as often as you can without stressing about it — but the more family dinners you share, the better."

Hoffman advises getting children involved in preparing a meal, too.

"There are so many skills that cooking helps improve. There's math involved in measuring and fractions.

You're dividing for recipes and calculating amounts. There's reading and learning how to follow directions. There's sequencing and coordination. Plus, kids are more likely to eat what they have helped cook."

Studies show

- Research in The American Academy of Pediatrics found that kids who have regular family dinners experience a lower incidence of obesity.
- Columbia University's National Center on Addiction and Substance Abuse found that kids who eat family dinners get better grades in school and are less likely to try drugs or alcohol.

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At what point does tipping become un-frugal? ISTOCK IMAGES

Feeling tipsy? Don't break the bank!

Generous and frugal.

A quick guide to the acceptable level of tipping



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

In Canada, tipping etiquette says that when a service has been provided, and it's of a certain level of quality, the buyer tips.

But how much is a reasonable tip and when does tipping become un-frugal?

Naturally, if you receive good service at a restaurant, spa or hotel, for example, a good tip is in order.

But, unless you're trying to catch a service provider's attention, perhaps to get a date or impress the one you're on, don't break the

bank.

Here are a few guidelines to follow.

Food Service: Throwing a few coins into your barista's tip jar never hurts when you're aiming for quick and reliable service.

If you receive exceptional service at a restaurant or bar, 20 to 25 per cent tip is in order.

Adequate service should be rewarded between 10 to 15 per cent and if the service is poor, 10 per cent or less.

Just remember that if you're paying with a coupon or gift-certificate, you should still tip on the total before the discount has been applied.

Travel: Tipping a taxi driver or chauffeur 10 to 15 per cent is customary, but I'd recommend a minimum of \$3.

If hotel staff helps you to your room with bags or fetches your car from

underground parking, \$2 to \$10 is recommended.

Personal Services: Tips for spa or hair services range from 10 to 20 per cent.

If you receive poor service, a low tip signals to the service provider that your experience could be much improved.

But, before you stiff the server out of a tip, think about who is responsible for your bad experience? Did the manager incorrectly staff the restaurant (not the server's fault so speak to the manager) or was your server rude and inconsiderate (bad service should not be rewarded).

Apply frugality and good judgment when tipping by limiting spending, double-checking your bill for accuracy and ensuring that a gratuity hasn't already been paid.

If you're not good with tipping math, don't fret.

Here's a tip:

Not tipping anything in order to save money, especially when you've received good service, isn't frugal; it's cheap and inconsiderate.

Most service providers have automatic tip calculators right on their credit card and debit machines allowing you to select the appropriate per cent.

Tipping appropriately can actually save you money in the long run as service providers might extend preferential pricing, they may call you to tell you about sales or discounts and could even provide services 'on the house' from time-to-time.

Follow Lesley on Twitter
@LesleyScorgie



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YOUR MONEY
Alison Griffiths
money@metronews.ca

Whether you are a stickler with money details or adrift in a sea of financial bloopers, there is a new tool to help you improve the money side of life.

Your Financial Toolkit has just been launched by the Financial Consumer Agency of Canada (FCAC) fcac-acfc.gc.ca/eng/index-eng.asp along with the Investor Education Fund (IEF) getsmarteraboutmoney.ca.

At first, I was a bit skeptical. I've seen dozens of so-called financial literacy tools and many of them are, quite frankly, insults to the intelligence.

I cantered through the 12 topics, which include budgeting, investing, income taxes and financial planning and I'm happy to report there is something for everyone.

There are case studies, basic and more advanced information, as well as interactive exercises and tips sprinkled through most of the modules.

Figuring out what you spend is one of the hardest aspects of budgeting — and most people are way off in their estimates.

The toolkit offers this process.

1. Keep every receipt.
2. Record every expense daily.



Tools and quizzes are useful because they force you to pay attention to your financial life. ISTOCK IMAGES

3. Review bank and credit statements to identify additional expenses (eg. automatic debits.)

4. List irregular expenses such as gifts, donations, taxes, car and home repairs.

5. Total expenses monthly.

6. Do this for at least three months.

For irregular expenses (eg. vacations) estimate them for the entire year and add 15 per cent for the unexpected. Then divide by 12 to get a monthly total. Sure, you won't spend that money every month but you will over the year so this is a good way to account for it.

One small quibble — in the Income section there are three "Other" categories to note unusual or periodic income but

you can't define what they are.

If you want to name your own categories you can go to the FCAC's rigorous budget calculator and download the Excel file, which allows you to customize the cells and save them for future reference.

Also, in the mouse-over explanations for the Income section, it states the self-employed are not generally eligible for employment insurance benefits.

Actually, as of 2011, the self-employed can opt to pay in and later collect maternity, parental, sickness and compassionate care benefits.

All in all, however, the toolkit is interesting and helpful (and fun too, if you like taking quizzes).

Katz out of the bag: Oilers owner sorry about Seattle

NHL. Team owner unaware fans would be angry over threat to move team

The owner of the Oilers says he never realized that threatening to move his NHL team to Seattle would trigger a firestorm of fan anger against him in Edmonton.

"There was probably a little too much (bare-knuckled

Mark) Messier and not enough (graceful Wayne) Gretzky in the way that we conveyed things," Daryl Katz said Monday in a radio interview.

Katz, speaking in an interview with a team employee, was following up a full-page ad he took out in local newspapers Saturday, apologizing for the Seattle gambit.

The Seattle gambit had brought a deluge of angry, personal, and even vulgar comments against Katz on social media and in letters to the

Quoted



"What we didn't consider was how our supporters or our fans would feel and that was wrong and I apologize for it."

Oilers owner Daryl Katz

editor.

In the weekend ad, Katz promised in the future to be more open on what the Oilers want in the proposed new \$475-million cost-shared downtown arena.

"In hindsight, I have underestimated the degree to which it would be up to us to make the case for public funding," he said in the ad.

City councillors and Edmonton Mayor Stephen Man-

del called the apology a good first step, but said Katz still must make his case in public why the team feels the deal it made with the city a year ago needs to be changed to deliver millions of dollars more in public subsidies per year to the Oilers.

Two days later, that hasn't happened.

Katz told the radio show more information has been delivered, but behind closed doors.

THE CANADIAN PRESS



Romo and Cowboys down and out

Quarterback Tony Romo of the Dallas Cowboys picks himself up off the turf as Lance Briggs of the Chicago Bears returns an interception for a touchdown Monday in Arlington, Texas. Romo threw five interceptions, matching the most in his career as the Bears beat the Cowboys 34-18. RONALD MARTINEZ/GETTY IMAGES

NHL. Great One sees CBA solution on horizon

The Great One is optimistic about the NHL's labour situation.

Wayne Gretzky said Monday he believes the league's current lockout will end before the showcase Winter Classic between the Detroit Red Wings and Toronto Maple Leafs.

"I believe in my heart, maybe because I'm such a big hockey fan, that they will be playing by Jan. 1," said Gretzky at a panel discussion on personal finance in Toronto. "I think the hard part of their deal was the last negotiations (in 2004) of players agreeing to a salary cap."

THE CANADIAN PRESS



Wayne Gretzky throws out the first pitch before the Blue Jays' game against the Minnesota Twins on Monday night in Toronto. TOM SZCZERBOWSKI/GETTY IMAGES

NBA

Howard on Bryant: 'I know he's going to be tough on me'

Superstar centre Dwight Howard might be an eight-year NBA veteran, but Monday still felt like the first day of school.

Howard is just getting started on his real education from the Los Angeles Lakers and Kobe Bryant.

"I know he's going to be tough on me, but I expect that, and I want him to be that," Howard said. "I'm willing to go through that process, learn from one of the greatest ever to play the game."

THE ASSOCIATED PRESS

MLB. Yankees edge closer to clinching AL East title

Robinson Cano, Curtis Granderson, Russell Martin and Mark Teixeira homered in a nine-run second inning, and the New York Yankees routed the Boston Red Sox 10-2 Monday night to open a one-game lead over Baltimore in the AL East with two games to play.

Baltimore lost 5-3 at Tampa Bay and dropped into second place, prompting cheers from the crowd when the final score was posted before the ninth inning.

New York tied its record for home runs in an inning, achieving the feat for the third time. The offence backed CC Sabathia (15-6), who allowed

By the numbers

13

The Yankees would ensure their 13th division title in 17 years by sweeping the three-game series against the Red Sox. They already clinched their 17th playoff berth in 18 years on Sunday.

two runs and four hits in eight innings with seven strikeouts and a walk.

Making his third straight strong start, Sabathia stayed in for 103 pitches rather than come out with New York ahead in a laugher.

THE ASSOCIATED PRESS

Mobile sports



Cricket

The battle of the sexes has hit the swimming pool. The opening meeting of the World Cup in Dubai on Tuesday will feature 4x50 mixed-gender relays for the first time.

4 SPORTS

TENNIS

ATP RAKUTEN JAPAN OPEN

At Tokyo Singles

First Round
Tomas Berdych (2), Czech Rep., def. Benoit Paire, France, 6-1, 7-6 (6).
Stanislas Wawrinka (7), Switzerland, def.

Viktor Troicki, Serbia, def. Robin Haase, Netherlands, 6-2, 6-3.

MEN
Singles — First Round
Marius Copil, Romania, def. Marin Cilic (4)
Croatia, 3-6, 7-6 (0), 6-4.

Florian Mayer, Germany, def. Fabio Fognini, Italy, 6-1, 6-2.
Zhang Ze, China, def. Wu Di, China, 6-4, 6-3.
Carlos Berlocq, Argentina, def. Marinko Matosevic, Serbia, 6-3, 6-4.

WOMEN
Singles

First Round
Victoria Azarenka (1), Belarus, def. Alize Cornet, France, 6-1, 6-0.
Maria Sharapova (2), Russia, def. Simona

Halep, Romania, 7-5, 7-5.
Lara Arruabarrena-Vecino, Spain, def. Zheng Jie, China, 6-2, 6-4.
Sabine Lisicki, Germany, def. Anabel Medina

Polona Hercog, Slovenia, def. Anastasia Pavlyuchnkova, Russia, 5-7, 6-4, 3-0, retire
Sorana Cirstea, Romania, def. Sofia Arvidsson, Sweden, 6-3, 6-2

Second Round
Carla Suarez Navarro, Spain, def. Petra Kvitova (4), Czech Rep., 6-3, 6-2.
Caroline Wozniacki (10), Denmark, def.

autocatch**.com**

Horoscopes

Aries

March 21 - April 20

There is no point being obsessed by perfection because you will never reach it, nor is it actually desirable to do so. You are a human being and that means you will always make mistakes. Find ways to enjoy them.

Taurus

April 21 - May 21

Don't tie yourself down today. Make sure you are free to come and go as you please. Independence is precious, and if you give other people the power to meddle in your affairs, they will certainly misuse it.

Gemini

May 22 - June 21

You must stick to the facts today. If you stray even a little bit from what you know to be true, it will give your rivals the opening they have been waiting for. Facts are sacred — opinions are two-a-penny.

Cancer

June 22 - July 23

Start putting together a wish list because what happens towards the end of the week will make you realize that all things are possible. This is no time for doubts. Go for everything you can get.

Leo

July 24 - Aug. 23

No matter what a friend or colleague tells you today and no matter how passionate they appear to be, you can bet that they have got it completely wrong. If you play their game it will cost you.

Virgo

Aug. 24 - Sept. 23

The planets indicate that if you make an extra special effort over the next few days, you will enjoy success beyond your wildest dreams — and some of your dreams ARE pretty wild! Believe in yourself and be patient.

Libra

Sept. 24 - Oct. 23

No goal is beyond you. You need to start really believing that because until you do, you will continue to fall short of your dreams. Think not just big but huge today.

Scorpio

Oct. 24 - Nov. 22

Cosmic activity in and around the most sensitive area of your chart urges you to consider alternative explanations to everyday events. Could there be some kind of conspiracy going on? Make it your business to find out.

Sagittarius

Nov. 23 - Dec. 21

Don't let well-meaning friends and relatives talk you out of doing what you know has got to be done. Make whatever sacrifices are necessary and keep in mind that the efforts you make are an investment, not an expense.

Capricorn

Dec. 22 - Jan. 20

Do you have the common sense to identify what your current problem is? Yes you do. Do you have the courage to put it right? That remains to be seen. You're halfway there. All you have to do is keep going.

Aquarius

Jan. 21 - Feb. 19

Focus on what is important and ignore everything else. If you allow your mind to wander today, it may be a long time before you can get it back on track. You know what the main issue is, so stick with it.

Pisces

Feb. 20 - March 20

You are on the cusp of a heart-warming phase but there is something you still need to do before you can "let yourself go". You need to resolve a conflict of some kind. Be the one who makes the peace.

SALLY BROMPTON

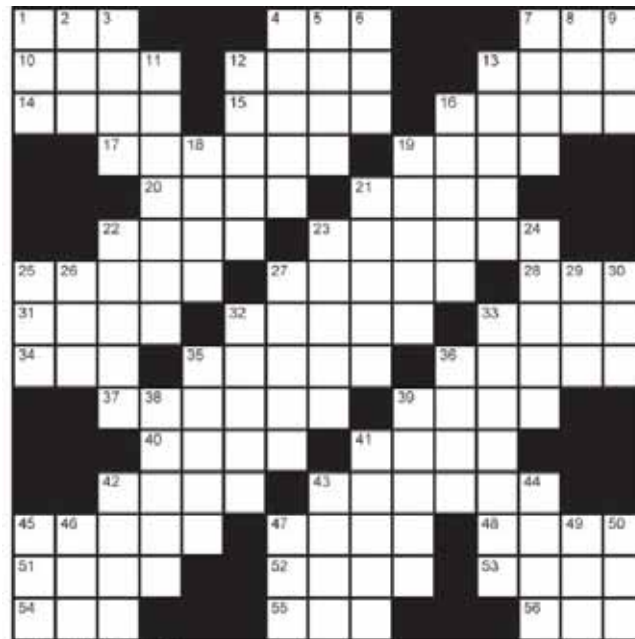
Three PMs

Across

1. Request
4. Dampen
7. Taxi
10. William Lyon Mackenzie ____: 10th Prime Minister
12. "____ be of service?" (2 wds.)
13. For ____ sign
14. Additive to shampoo and shaving cream
15. Corrida cries
16. ____ Leaf
17. Cakes often made with ground nuts
19. Bathroom flooring material
20. Stadium shouts
21. Pop
22. Henhouse yield
23. World's second largest country
25. BMW subcompact models that once had the Cooper name
27. Birds of peace
28. Sesame Street viewer, typically
31. Opera set on the Nile
32. Capricious escapade
33. Sky color
34. ____ de Janeiro
35. Peeled
36. Come to understand
37. Calgary NHL team
39. Pots and ____
40. Angered
41. "Frankly, my dear, I don't give a ____"
42. Highway or bridge fee
43. Leader of 23-Across
45. Saltwater
47. Need

Down

1. Alias
2. ____ vous plait
3. Slip, top, or granny
4. Land on the Irish Sea
5. Potato buds
6. "____ the season to be jolly"
7. Nova Scotia's ____ Breton Island
8. Everything
9. Spelling competition
11. The Gulf Islands are in BC's Strait of ____
12. Butterfly relatives
13. Caesar or Waldorf
16. Gold-loving king
18. From ____ to riches
19. Laser printer need
21. "____ by the bell!"
22. At the ____ one's rope: desperate (2 wds.)
23. Deals (with), as a problem
24. Map book
25. Cause surface damage to
26. 3 on a sundial
27. Had the courage to try
29. Beginning of the Lord's Prayer
30. Start of a countdown
32. Animal with a hump
33. R.B. ____: 11th Prime



- Minister (1930-35)
35. "Ici on ____ français"
36. Bedside light
38. BC CFL Team
39. Liberal or Conservative ____
41. *Inferno* author
42. Canada's quintessential coffee and donut place, familiarly
43. Loathe
44. Apartment division

45. Sheep cry
46. Cut of meat that's often barbecued
47. One skilled at repartee
49. Credibility ____; knowledge disconnect
50. Personals

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

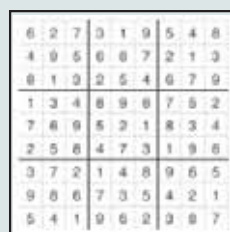


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



Weather

TODAY



MAX: 7°
MIN: 6°

WEDNESDAY



MAX: 8°
MIN: 2°

THURSDAY



MAX: 7°
MIN: -4°



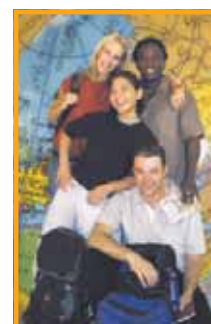
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WEATHER SPECIALIST

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